



Machu Picchu: Inca Trail Travel Tips

Season: Best weather is May-October, which is the Andean dry season, although April and November can also have dry weather. Even in the dry season, rain is always a possibility. Be sure to take raingear.

Average Temperature: Daytime temperatures average between 65-75°F. Nighttime temperatures can drop below freezing.

Distances:

Total: Approx. 25 miles

Day 1: 7 miles

Day 2: 6 miles

Day 3: 6 miles

Day 4: 5 miles

Altitude: From Cuzco (11,200 ft), drop down into the Urubamba River valley to begin the trek at 7300 ft. The highest pass is 13,766 ft. The trek ends at Machu Picchu, which is at 7,872 ft.

Degree Of Difficulty: There are several strenuous passes, and some sharp gradients both up and down. Anyone who is a strong hiker should be able to do the trek without difficulty. The trail is very uneven in places, and there is a lot of walking on rocks and stone steps. Good hiking boots (not tennis shoes) are strongly recommended. Also keep in mind that this is high altitude hiking.

Group Size: An average group will range from 10-14 persons. The maximum group size is 15. Each group has a local guide, a cook, and an assistant, and 2 porters per hiker.

Camping: Each tent holds 2 persons. A good pad and sleeping bag are provided. Toilet facilities are provided. Meals are provided in a dining tent. The food is excellent. Breakfast include scrambled eggs, cereal, pancakes, yogurt, bread and jam. Lunches include salad, fresh fruit, sandwiches, and dessert. Dinners begin with soup, followed by a meat entree with potatoes or rice, or pasta. Beverages include tea, coffee, and some fruit juices. Drinking water is boiled or filtered. You can fill your canteen with boiled water each morning.

A Typical Day: A typical day begins with a wake-up cup of tea at 6 am., followed by a basin of hot water for washing up. Breakfast is served at 6:30 am, and hikers are on the trail by 7:30 am. Lunch is served along the trail around 1:30 pm, followed by a short siesta. An average day's hike is 5 hours. Hikers start arriving at the next campsite between 3:30-4:30 pm, depending on their pace. There is another tea break, followed by another basin of hot water for washing up. Dinner is served at 8-8:30. After a day of strenuous hiking, bedtime is early.

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Tipping: At the end of the trek, it is customary for the group to tip the guide, the cook and assistant, and the porters. There is no fixed amount, but generally the tips (for all these persons) can amount to an additional \$50-75 per hiker.

Luggage: Soft duffle bag provided locally.

What to Take:

- Cotton short-sleeved shirts or t-shirts
- Long-sleeved shirts
- Fleece or Wool sweater and/or trousers
- Lightweight pants
- Regular and long underwear (at over 13,000 ft)
- Medium weight parka with fiber fill or down
- Light cap and wool hat
- Rain poncho (or rain gear)
- Water bottle
- Light gloves
- Medium weight socks
- Hiking boots
- Small day pack
- Strong waterproof duffel bag
- Sun glasses, Sun block, lip balm
- Flashlight with spare batteries and bulb
- Towel
- Personal First

Personal First-Aid Kit: On each trip we carry a medical Kit but we suggest a small personal First-Aid Kit for bruises and blisters. A knee and ankle brace are sometimes useful especially if you suffer from weak knees or ankles. Include any special medication your doctor might suggest for you.

For information and reservations, please see your professional agent.

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